

(Breakthrough, Vol. VII, No. 3, Summer 1989)

THE USE OF HEMI-SYNC® TAPES FOR DENTAL WORK: A PERSONAL ACCOUNT

by Eileen Carda

Eileen Carda, a Sustaining Member of TMI since 1987, submitted this report describing her experiences using Hemi-Sync with major dental work from the patient's perspective.

The following is a report of my use of Hemi-Sync in connection with some major dental work I have had performed in the last year. I currently have four finished dental crowns, one on each last back tooth. The first one I had done traditionally, using the anesthetic commonly administered. The other three, worked on separately over a year, were completely without the use of any type of anesthetic, topically or otherwise. I did, however, use Hemi-Sync, specifically the *Pain Control* tape on the second and third, and the *Open Exercise* tape for the fourth.

At the time of the second crown, I had been using the *Pain Control* tape primarily to fall sleep, and for experiments in healing other maladies. I had also completed a short class in self-hypnosis. I wanted to try hypnosis on the dental work, though I was not confident it would work. Since I have many fillings, and had already had one crown done, I knew what the anesthetic effect felt like, as well as the later accompanying stiffness, etc., from the shots. I was anxious to see if I could dispense with the medication, as I always felt nauseated from using it. When I expressed my fears to the hypnosis teacher, he basically told me... if it works for other people, what makes you think it won't work for you?

The day of the appointment for the second crown, I showed up with the hypnosis techniques the teacher had given me, and my Sony Walkman, with my *Pain Control* tape as a backup. I told my dentist I wanted to try the hypnosis and not have any anesthesia. His first reaction was surprise and a shocked, "No! Don't you know there are a lot of exposed nerves, gum manipulation, and major drilling involved?" I said I remembered, but I wanted to try this even if I were nervous. He told me to sit in the chair and do my thing. At this appointment, I was also to have a filling redone on the same row of teeth as the crown, and also to have a cleaning. (I wanted to get everything over with in one appointment.)

I sat in the dental chair and began to play the *Pain Control* tape through my headphones. During the beginning of the tape I gave myself the hypnosis suggestions of (1) Everything in my mouth the dentist was working on would be numb for two hours, and afterwards I would not be aware of pain from the worked-on tooth, and that it would heal quickly. (2) That I would not fall asleep during the procedure and that I would be able to respond to whatever directions the

dentist would give me. (3) That I would automatically recognize and reject anything negative that was said or implied.

The verbal guidance tape reached the count of 20 before the dentist came in to work on me. Just before that I felt myself spiral out and around similar to a dizzy feeling, almost like the state of an OBE out-of-body experience. I recognized it as such and the spiral stopped, though I felt quite deep in the tape.

The dentist began to work and drill on the tooth, not saying anything except to whisper to his assistant that I had not had any anesthetic. I could feel the drilling and the sensations of the work, but no shooting pains or anything that registered as pain. He even stopped and said he would have to perform some electrosurgery on the gum, that most patients at this point were given another shot, and would I now like a shot? I dumbly shook my head no, and he continued. I could feel the touch of the instruments to the skin, but again, nothing that felt like pain. The dentist wasn't saying a word throughout the procedure. He finished packing and capping it with the temporary crown. Then he said he was ready to redo the other filling, that the tape had ended and did I need to do anything. Again, I just shook my head no, and he proceeded to fill the other tooth. Same reaction. He finished. I went out to put money in the meter by my car, returned and went to the bathroom before the cleaning. I noticed the pupils of my eyes were quite dilated.

The cleaning necessitated taking x-rays. I remember the bitewings that were used did not bother me this time as in the past.

Later that day, hours after the work was done, the side with the crown and filling felt as if no work had been done at all on them. On the opposite side, on the roof, I was noticing a pain, and when I looked in my mouth, I realized I had inadvertently cut myself on one of the bitewings of the x-rays—the only casualty of the procedure.

Two weeks later, I returned for the permanent crown and did no preparation and had no medication. I certainly felt the sensitivity of the exposed tooth before it was finished. I knew the nerves were still intact! The dentist was extremely interested in the fact I had gone through it all without once wincing. We spoke about the power of the brain, etc. He did not question me much about the methods.

It was discovered that the third and fourth crowns were needed after the next six-month follow-up. For the third crown, I again used the *Pain Control* tape with the suggestions. This time I did feel pain sensation, but seemed to have a sort of control over the body, and did not feel the pains were severe enough to wince. The dentist was talking throughout with the assistant, and I remember feeling distracted in the process. I felt I was not nearly as “out of it” as with the first experience. When the permanent crown was affixed two weeks later, I again underwent the

procedure without any preparation. I felt more acutely the potential pain of the exposed tooth than while it actually was being prepared.

When the fourth crown was about to be done, I thought I'd use something I felt was "stronger" than the *Pain Control* tape, so I experimented with the *Open Exercise* tape. I asked the dentist not to talk a lot during the procedure, and used the same hypnosis suggestions as earlier. I was very nervous this time, but felt myself get into the tape more so than with the third crown experience, but not as deeply as with the second crown. I felt only occasional moments of the shooting pain sensation, but not uncontrollably enough to wince. Again, electrosurgery was performed and I felt only the sensation of the instrument touching the skin, but not anything that would be called pain. I felt no pain sensation with the packing or with the creation of the impressions. During the week before the permanent crown was affixed, I did notice a pressure sensitivity to the tooth, as well as an accompanying soreness of the electrosurgery areas (this was not apparent in the two hours of the procedure). The exposed tooth was extremely sensitive, more so than the previous ones, as the permanent crown was being fitted.

It is my firm belief that Hemi-Sync is extremely effective as a pain control technique during such surgery. In all three cases, I applied the hypnosis suggestions for the permanent crown settings without using the tape, and I felt every twinge.

The dental assistant asked me about the tapes. I had brought the *Pain Control* tape with me in case the *Open Exercise* tape didn't work, and let her borrow it for a while. She later reported that it helped her relax as well as fall asleep after exhausting days at work when she normally had difficulty.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 1989 The Monroe Institute